



*Independent cycling tour (EBAMA5)*

# The Amalfi Coast & Sorrento Peninsula

A complete E-Bike tour along the world's most beautiful coast, from Amalfi to Vietri & Cetara, Ravello and Positano – through Siren's Land to Sorrento



## TRIP NOTES 2024

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## INTRODUCTION

*The Peninsula of Sorrento, situated between the equally beautiful Bay of Naples and Gulf of Salerno, is an area of staggering natural beauty and scattered with cultural treasures. On the one side the stunning views over the Bay of Naples have attracted visitors for centuries, on the south side the Amalfi Coast is perhaps the world's most beautiful coastline. Best known for its medieval coastal towns and inland villages such as Amalfi, Positano and Ravello and the resort town Sorrento, it is also home to several hidden marvels. Small natural reserves, ancient paper mills and wild mountain scenery are only a small distance away from the busy touristy centres, waiting to be explored by the aware traveller. The best of the coastal scenery is on the southern side of the peninsula, the Amalfi Coast. With its towering cliffs and picturesque coves this definitely is one of the most beautiful coastlines in Europe, with a long tradition as one of the premier tourist destinations in Italy. Cycling along the 'Costiera Amalfitana' is an unforgettable experience!*

*During your day's cycling along the amazingly scenic coastal road you may visit the ceramics town of Vietri, the gateway to the Amalfi Coast and the little fishermen's village of Cetara. You'll cycle along the headland of Capo d'Orso, a strict nature reserve, pretty Maiori, delightful Minori and tiny whitewashed Atrani. You will marvel at the location of Ravello, high up a rocky cliff, while visiting its world famous villas and gardens. You can stop for a cup of tea in the little tea house in the gardens of majestic Villa Cimbrone at Ravello and stroll through the back alleys of Atrani. On your way to Sorrento you will cross the deeply eroded and amazing 'fjord' of Furore, you can explore mundane Positano and cycle through the little hamlets of Praiano and Conca dei Marini. Perhaps less known, but equally beautiful is the very tip of the Peninsula, often referred to as 'Siren's Land', a beautiful area of olive groves and charming villages, with some stunningly beautiful nature reserves and literally face-to-face with the island of Capri. Cycling here you will enjoy great views, both of the Amalfi Coast and as well of the Coast of Sorrento and the Bay of Naples, dominated by Mount Vesuvius. You will stay in a beautiful agriturismo, tucked away in the countryside, dining on great organic food and olive oil. On the last cycling day you'll cycle in western direction towards the very tip of the peninsula, Punta Campanella. From Sant'Agata sui Due Golfi little quiet winding roads will take you first to the small village of Termini, from where you'll enjoy a marvellous view of the isle of Capri. Then you cycle down along beautiful Massa Lubrense to the renowned seaside resort of Sorrento, where you can spend some time sightseeing and perhaps shopping.*

*This short tour gives you the opportunity to discover both the busy touristic and the quiet hidden, but no less spectacular, side of the Amalfi Coast. You will be based in the beautiful little town of Amalfi itself. This allows you to take your time to visit the Duomo and its Paradise Cloister, and perhaps take a walk in the Valley of the Paper Mills, discovering the city's amazing cultural heritage. And take your time for a hearty lunch in a small 'trattoria' and taste the area's renowned 'limoncello' lemon liquor.*

*On this amazing cycling adventure you will discover several hidden aspects of the Amalfi Coast and see with your own eyes that it has become with reason Italy's most famous coastline. It will become clear that it takes only a little effort to get 'off the beaten track', finding yourselves surrounded by nature at only a few hundred metres away from the crowds. In short, you'll explore this delightful angle of Italy in a totally different way.*



*Please note: this is a moderate tour which is suitable for all those who are in a good general physical condition. You may encounter some longer climbs on some stretches. Rides are not long, leaving plenty of time for sightseeing. Average cycling times: approx 3 - 5 hours each day.*



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## DAY-TO-DAY PROGRAMME

### Day 1 – Arrival in Amalfi

After your arrival at Amalfi you settle in at your centrally located hotel. By the end of the afternoon you'll meet for a short briefing with our representative and you can take hold of your bicycles. In case you have arrived early you may want to take your bicycles for a short ride to nearby Ravello already. Ravello is a stunning medieval village, 'halfway the sky and the sea' which boasts some of the most beautiful villa's with amazing views over the whole Amalfi Coast. In the evening you may go for a stroll through the historical centre of Amalfi and pick out one of the nice restaurants for a nice dinner.

**Hotel\*\*\* - Amalfi**

### Day 2 – The 'eastern' Amalfi Coast: cycling along the beautiful road of Capo d'Orso to Vietri & Cetara, Minori, Maiori and Atrani, with an optional visit of Ravello

On the first cycling day you'll discover the eastern part of the Amalfi Coast, following the beautiful winding coastal road, defined by many 'the most scenic ride in the world'. The Amalfi Coast 'officially' starts at the charming village of Vietri sul Mare, renowned for its colourful table ware ceramics.. Other villages to discover are the idyllic village of Cetara, named after the Roman 'cetus', tuna fish, which still produces some of the world's finest. Take your time for a cup of coffee or a cappuccino at the little bar near the tiny port of the village, overlooking the colourful fishermen's boats lying on the white sandy beach. Then it goes back up to Capo d'Orso, the highest point of the road, a wonderful outlook on the whole of the Amalfi Coast and Capri. After admiring the view it goes downhill on a beautiful winding road through lemon groves, forests and dramatic cliffs, until you arrive at Maiori, the biggest town on the coast. A short stretch around the headland brings you to Minori, with its nice centre and beautiful seaside boulevard. Continue with a short climb towards Castiglione, once part of the defence system of the Amalfi Republic. In case you did not visit it the day before, here you have the choice of cycling up to marvellous Ravello, which is quite a climb (but a relatively easy ride with your E-Bike!), or continuing to Amalfi. After passing Castiglione you will cycle through marvellous little Atrani with its whitewashed houses. Here you must stop for a drink in the marvellous town square, before cycling the last km. back to Amalfi.

**Hotel\*\*\* - Amalfi**

*Distance: 50/70 km. – Cycling time: 3,5-4,5 h.*

### Optional extra day 3 - Hills of the Amalfi Coast: cycling inland to the stunning hamlets of Pontone, Minuta, Scala and Tramonti, with an extensive visit of Ravello

*As the first cycling day is pretty long, perhaps not allowing you to enjoy all the beauty of the area 'in full' you might consider an extra night in Amalfi. This allows you to spend more time in the eastern part of the Amalfi Coast on the first cycling day, so that you definitely have the time to see not only Vietri, but also cycle up to the beautiful small hamlets of Raito and Albori, and perhaps make the detour to the stunning abbey of Cave dei Tirreni, one of the most important abbeys of southern Italy, set in an idyllic location. You'll have the time to swim in Cetara, and enjoy a lemon cake in Minori. On the second cycling day you can take some more time to visit Ravello, pay a visit to its magnificent gardens and also discover the beautiful small medieval hamlets of Pontone, Minuta and Scala, tucked away in the hills.*

**Hotel\*\*\* - Amalfi**

*Distance: 35/60 km. – Cycling time: 3-4,5 h.*



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### Day 3 – From Amalfi along Praiano and Positano to Sant'Agata sui Due Golfi

Today you leave Amalfi. Take your time for a last look at the Duomo of Amalfi, and then start cycling the second half of the dramatic 'Strada Amalfitana': from Amalfi along Positano to the town of Sant'Agata sui Due Golfi, located on the very ridge of the peninsula and offering wide views both on the Amalfitan and Sorrentine coasts. You start with the short ride from Amalfi, through Praiano, to Positano, easily the most scenic – and mundane – of the towns on the coast. Shortly after Amalfi you will pass by the scenic 'Grotta Azzurra' sea cave which is open to the public and the spectacular 'fjord' of Furore, a deep canyon opening up to the sea in which a small fishermen's villages clings to the rocky cliffs. When arriving at Positano, make sure you cycle down into the town towards its beach from where you can explore its scenic and colourful alley ways. Park your bike – most of Positano can only be done on foot – most of the small back streets you will explore consist of stairways! After Positano the coast becomes wilder and more rugged, with great views over the 'Islands of the Sirens' and it is a good climb to arrive at the Colli di San Pietro, beautifully situated on the ridge that separates the Amalfi Coast from the rest of the Sorrento Peninsula. A short relatively flat stretch then brings you to the Colli di Fontanelle, and from there after a few very scenic hairpin bends, up to your accommodation at Sant'Agata sui Due Golfi (your choice between a beautiful agriturismo and a nice hotel). After settling in your room you can relax in the garden or go for a stroll. In case you are based at the agriturismo, you will dine on beautiful organic food, sprinkled with local olive oil and of course with a bottle of house wine.

#### **Agriturismo or Hotel\*\*\* - Sant' Agata sui Due Golfi**

*Distance: 35-40 km. – Cycling time: 3 h.*

### Day 4 – Cycling through 'Siren's Land' – from Sant'Agata sui Due Golfi along Termini to Sorrento – with a view on Capri and Mount Vesuvius

Today you'll cycle to the very tip of the Sorrento Peninsula. On the first stretch of the road after leaving Sant'Agata this morning you will fully understand why its full name is Sant'Agata sui Due Golfi: you can admire not only the wonderful panorama over the southern coast towards Capri, but also enjoy the view of Sorrento and the Bay of Naples dominated by Mount Vesuvius. You now cycle on the plateau high above the coast towards the very end of the peninsula, Punta Campanella. From the last village (indeed: called 'Termini') you have a great view on Capri. You should cycle up to the small chapel of San Costanzo, just above the village, from where you can enjoy the views at 360 degrees! For those who feel like it there is also the possibility to descend towards the delightful beach of Marina del Cantone (and back up again), perhaps with a short visit to the nature reserve of Baia di Ieranto. You then return along the northern coast, with wonderful views of the Bay of Naples again, through the charming village of Massa Lubrense. It is recommended cycling down to the seaside resort of Sorrento, perched on high vertical limestone cliffs above the sea, and visit its old town centre with its wonderful gardens and villas. After the visit you turn inland again and climb slowly up to Sant'Agata sui Due Golfi.

#### **Agriturismo or Hotel\*\*\* - Sant' Agata sui Due Golfi**

*Distance: 40/50 km. – Cycling time: 3,5-4 h.*

### Day 5 – Departure

The tour ends in Sant'Agata after breakfast today.

*N.B. Those who want to take in some real mountain scenery can opt for an extra day and make a stunning ride onto the high plain of Mount Faito, in the shadow of the area's highest peaks.*



## TOUR DETAILS

### ACCOMMODATION & MEALS

All nights are spent in beautiful, characteristic hotels (generally 3-star). All rooms have en-suite facilities.

**Dinners** are included in Sant'Agata. On the other nights you are free to organize your own dinner in one of the many restaurants at Amalfi.

### INCLUDED

- 4 nights accommodation – BB/HB
- 2 nights in Hotel\*\*\* in Amalfi – BB
- 2 nights in agriturismo Sant'Agata sui Due Golfi – HB
- Extensive route notes, with description of the route & tourist information
- Maps at 1 : 50.000 scale (or better)
- GPS waypoints & tracks (optional)
- Welcome briefing/bike fitting
- Bike delivery & collection
- Bicycle rental of a high quality E-Bike for 4 days (road bikes available on request)
- Luggage transfer from Amalfi to Sant'Agata on day 3
- 24/7 h local assistance

### NOT INCLUDED

- Departure taxes & Visas
- Travel Insurance
- Drinks and meals not mentioned in the itinerary
- Optional additional tours or activities
- Tips
- Items of personal nature

### ARRIVAL & DEPARTURE

**Arrival:** The tour starts in AMALFI, only a few kilometres (by boat or bus) from SALERNO which can easily be reached by train from Naples. Naples has an international airport. From Rome (and many other cities) Salerno can easily be reached. From Salerno there are regular buses and boats to Amalfi.

**Departure:** The tour ends in SANT'AGATA, a few km. above SORRENTO. From Sorrento Naples (airport) can easily be reached by local train or bus.

### LEVEL OF DIFFICULTY

**Easy to Moderate (2-3):** Mostly moderate rides but with some longer climbs. All roads are well paved and mostly quiet with limited traffic except for some periods during summer and holidays. Extensions as well as shortcuts are possible on all days.



**Fitness:** Some experience with bicycle touring and a good general physical condition will certainly make your travel experience more enjoyable. You should be able to cycle for several hours a day also in hot weather.

## TOUR VARIATIONS

### LONGER/SHORTER 'AMALFI COAST & SORRENTO PENINSULA' TOURS

In case you want to spend some more time in the Amalfi area, and make the tour slightly more relaxed, we strongly recommend to book an extra night in Amalfi. That way you can 'split up' the ride of day 2 and have more time for Ravello, Pontone and the other small hamlets of the area - to explore the area with ease.

In case you have only little time available we recommend the – slightly more challenging – original Amalfi Coast E-Bike tour. This tour shows you most of the area in only 4 days.

### EXTRA NIGHTS

It is possible to include extra nights in any of the accommodations 'en route'. Extra sightseeing options can be provided! As well is it possible to extend your tour with a few days in Salerno or Naples, on the island of Capri or elsewhere along the Amalfi Coast itself. Details and prices on request.

### UPGRADE

It is possible to book an upgrade in some of the places en route. Details and prices on request.



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